

## Family Values

Our Christian Value this half-term is...

## Resilience



Please can the children watch this video clip

<https://www.youtube.com/watch?v=An2OalbPSII&list=PLDeWrIftuhV1M32LZNtYPhqap7ayeW207#>

Discuss with your child what they think the video is about and what value they think it represents.

We will use this video clip as an introduction to our new value of Resilience and a discussion point with the children at school. If children want to create posters, poems, stories or find quotes and pictures for our Values display board that will also be great. Each Family Value activity earns 10 House Points for your child.

Miss Finney

Paralympic footballer Jack Rutter:  
'The pain I felt back then is actually the strength I feel today'

We are so lucky to have a visit from Paralympian Jack. He certainly is a wonderful role model for our value this half-term. Read more about his inspirational story online.



## Characteristics of Resilience

- Have strong self-esteem and self-efficiency
- Set personal goals
- Use past successes to confront current challenges
- Can view a problem as a challenge and a way to get better/stronger
- Use humour, patience, tolerance and optimism
- Can adapt to change
- Have a "can do" action orientated approach to life
- Have strong friendships and relationships
- Have faith in yourself and others



Easy Peasy Kids

Remember you are good enough  
Everyone is different  
Stop comparing yourself  
Individuality rocks 🐸  
Learn something new daily  
Involve yourself in what you love doing  
Enjoy things that make you happy  
Not everyone can be 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>  
Care about yourself and others  
Expect that some days won't be great

www.easypeasykids.com.au